

# BIOMS FAQ

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# Who are we?



**Grace**

2<sup>nd</sup> Year PhD Student



**Khushboo**

5<sup>th</sup> Year PhD Student

# BIOMS Seminar

- Every **Wednesday at 12pm in HSC 231**
- Use BIOMS Seminar to your advantage
  - Opportunity to learn scholarly communication across multiple fields of study
- Ask questions!
- Volunteer to present
  - Hone your skills
  - Practice “how” to communicate your research effectively
- Give feedback, get feedback
  - Environment for constructive feedback from peers
  - Elevator Pitch
  - Additional opportunities during Semester

# Logistics

# How to Function in STAR

- Get a STAR Fob
  - Gets you access to necessary lab spaces, classrooms
  - [Submit a request online](#)
- Reserving a Conference Room
  - Classrooms 231, 232, and 210J Accommodation Space- Nancy Johnson, najohns@udel.edu
  - PT Conference Room and Anatomy Laundry Room- Rita DiDonato, ritad@udel.edu
  - All other PT room availability questions - Kaci Middlemas, kaci@udel.edu
  - DRI Conference Room (201A), Lisa Katzmire
  - Any other Conference Room- Ellie Wydra, ewydra@udel.edu
- Technical problems
  - Trouble accessing the server or logging in the WiFi - chs-it@udel.edu
- Building Hours
  - Health Sciences Complex (HSC): 6:30 am to 8:00 pm
  - STAR Tower (STAR): 6:00 am to 6:00 pm

# Important People in STAR

## **Taylor Cahill**

ctcahill@udel.edu

- STAR Building Coordinator
- Contact for any issues with your fob

## **Lisa Shakespeare**

lshakes@udel.edu

- Scheduling rooms, proposal/dissertation
- Large purchases (>\$500)
- Loaning out projector
- Laundry key

## **Aaron Davis**

aadavis@udel.edu

- 7th Floor Tower
- CHS Digital Content Specialist
- Recruitment Flyers

# Parking & Transportation

- Parking Permits: <https://sites.udel.edu/parking/>
  - You are required to have a parking pass to park on campus
  - If on a 12-month contract, cheaper to purchase annual
  - Red Permit - STAR1 & Fred Rust Ice Arena
  - Gray Permit - STAR Tower
  - Central Pass- Gray and Red lots
- STAR Visitor/Patience spots are not intended for students
- UD Shuttle
  - Download the DoubleMap Bus App to track the bus
  - North/South Academy Route & North/South College stop at STAR and head to Main Campus

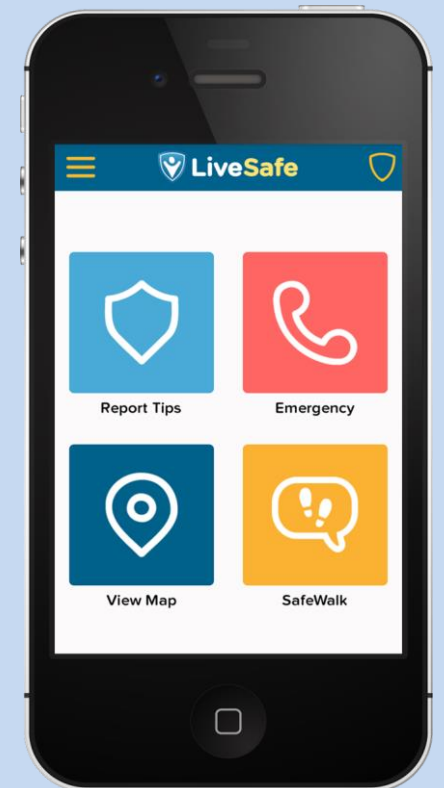
# Working Remotely

- Cisco VPN
  - Remote access to UD Network
  - <http://www1.udel.edu/it/help/connecting/vpn/>
- Get It!
  - Get access to full-texts of articles, books, chapters, or other published materials
  - <https://library.udel.edu/databases/getit/>
- Eduroam
  - University Wifi Network
  - <http://www1.udel.edu/it/help/connecting/eduroam/>



# Safety

- University of Delaware Alerts (UD Alerts)
  - Sent by UDPD during emergencies
  - Text messages, emails, and phone calls
- Blue Light Phone
- UDPD: (302)-831-2222
- Call 911 if in immediate danger
- LiveSafe App
  - Connect with campus police
  - Let your friends help keep you safe
  - Fast access to information
  - Use safety map



**Research**

# Research Presentation Opportunities

- Within UD:

- Dr. John P. Scholz Research Symposium - November
- CHS Research Day – February
- Grad Student Research Day – April
- CBER Day - May
- Announcements will be emailed for all events

- Outside UD:

- Students can also present their research at conferences.
- Speak with your advisor about opportunities and contact BIOMS Program Coordinator for travel assistance.

# Funding

- Travel Funding
  - Graduate College Grad Student Travel Award
    - Up to \$1500 during the course of your degree
    - 1:1 match with college/department/external funding
- Other Funding Opportunities
  - University Graduate Doctoral Fellowship Award
    - Apply to support your doctoral studies (Year 2-3)
  - University Graduate Dissertation Fellowship Award
    - After dissertation proposal is approved.

# Training

- CITI Training
  - Compulsory before you start the research
  - Check with your advisor to ensure you complete the required modules
  - Follow the link:
    - <http://www1.udel.edu/research/training/training-human-subjects-research.html#tab-2>
- Responsible Conduct of Research Training
  - Requires a CITI Training Module **and** attending the Responsible Conduct of Research Webinar during Winter Session

# IRB

- Ask your advisor and senior lab members for guidance
- Use template from the IRB website
  - <https://www.irbnet.org/release/index.html>
  - <http://www1.udel.edu/research/preparing/irb-submission-requirement.html>
- Try to be broad while writing the protocol
- Need IRB approval for doing pilot testing on yourself or other students in your lab
  - During the early stages, e.g., preliminary testing of device or software - you may not need to
- Recruitment:
  - Social media/flyers - the content needs IRB approval
  - Calling the participants- script needs IRB approval

# Paying Participants

- Discuss with your advisor
- Methods:
  - Gift cards, cash, purchasing card
  - Avoid buying in large quantities
- Accountability required
- Remember to fill out participant compensation form
- IRB approved
- Contact business office or **Stephanie Holmes/Kristin Zumar**
  - Stephanie Holmes- srholmes@udel.edu
  - Kristin Zumar- kzumar@udel.edu



College of Health Sciences  
**RESEARCH PARTICIPANT COMPENSATION FORM**

PLEASE PRINT CLEARLY

**PARTICIPANT'S INFORMATION**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Citizenship: ☐ U.S. citizen ☐ Permanent resident (UD W-8 required)  
Email: \_\_\_\_\_ ☐ Non-resident (UD W-8 required)

**UD AFFILIATION**

If current employee, select one: ☐ Graduate student ☐ Undergraduate student ☐ Other  
ID #: \_\_\_\_\_ Department: \_\_\_\_\_ HR Liaison: \_\_\_\_\_  
☐ Past UD employee  
☐ Never employed by UD

**STUDY DATES AND COMPENSATION INFORMATION**

Session Date	Compensation
TOTAL	

Grant/Study Title: \_\_\_\_\_  
Purpose Code: \_\_\_\_\_  
Account Code: 149250

**Preferred Payment Method:**  
☐ Gift card (vendor): \_\_\_\_\_  
Card #: \_\_\_\_\_  
☐ Payment by check  
For business office use:  
Req ID: \_\_\_\_\_

**AUTHORIZATION**

Submitted by: \_\_\_\_\_ PRINT NAME SIGNATURE DATE  
Supervisor/PI: \_\_\_\_\_ PRINT NAME SIGNATURE DATE

➤ (Cut here)

**IMPORTANT:** If the SSN is collected, study personnel must remove and shred this section after submission to the departmental business office. Do not retain the SSN in the study records. Departmental business office must remove and shred this section before forwarding to grants administration.

Social Security #: \_\_\_\_\_ (required for payment by check for non-UD employees or inactive UD employees)

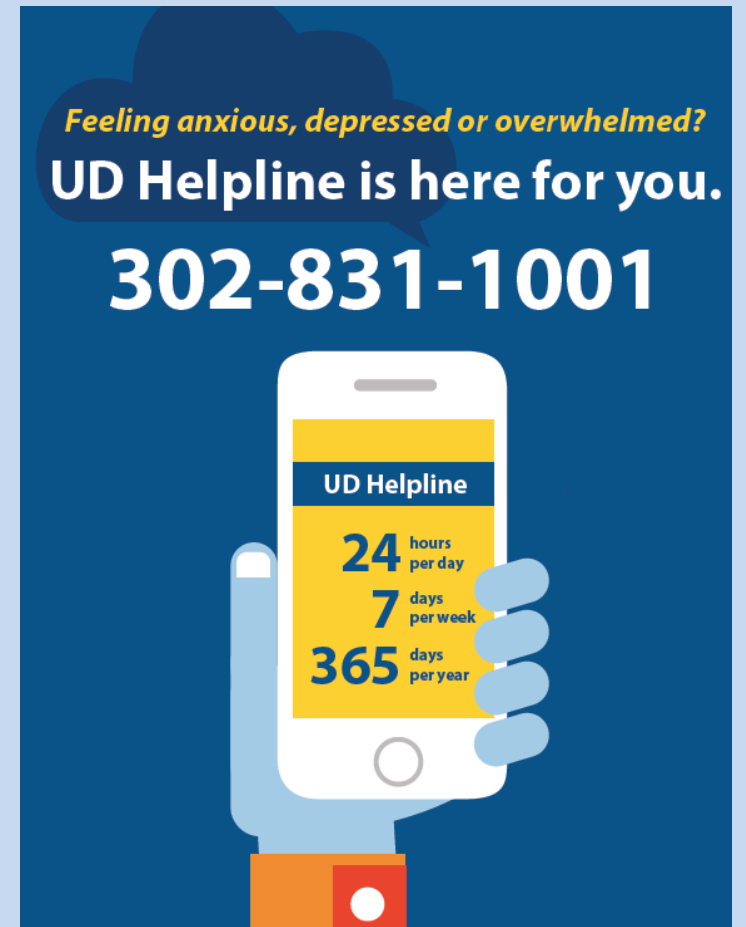
Revised 5/29/16

# Sensitive Topics



# Handling Stress, Anxiety, and Depression

- Completely normal to feel low during the semester
  - Don't be afraid to reach out for counselling
- [Center for Counseling & Student Development](#) (CCSD)
  - Offer group and individual sessions
  - Advice on when to refer a student
- Locations, Hours & Contact Info
  - CCSD: Wellbeing Center @ Warner Hall (280 The Green)
    - (302)-831-2141
    - Monday, Thursday, Friday: 8 a.m. – 5 p.m.  
Tuesday, Wednesday: 8 a.m. – 6 p.m.
  - Psychiatric: Student Health (209 Laurel Hall)
    - (302)-831-8992
    - Monday through Friday: 8 a.m. – 4:30 p.m.
- UD Health Insurance covers up to 12 visits/year (resets June



# Handling Conflicts with Colleagues/Advisor

- Communicate with your advisor on a regular basis
- Express any concerns or questions as soon as they come up
  - Don't procrastinate in communicating the issues
- Be Professional
- Sharing lab space, equipment, or data
  - Contact PI and your advisor
- If there are any concerns contact, Dr. Lee or graduate office (Dr. Martin)
- RA & TA Responsibilities - Max 20 hours/week (Fall, Spring, Summer)
  - Talk with you advisor to ensure you are fulfilling your lab hours without going over your 20 hours
  - Winter session responsibilities should be discussed with your advisor

# Resources

# BIOMS Information

- BIOMS Website
  - List of Current Students + Alumni
  - Student Resources
    - Program Policy, Plan of Study Template, Qualifying Exam Forms, etc.
- BIOMS Graduate Student Housing
  - Compiled by students; information about places BIOMS students live/have lived
  - [https://docs.google.com/spreadsheets/d/1bAYGDKguNh25Qqaye1d3gg1rUVNii4DWcggJH\\_oN4ew/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1bAYGDKguNh25Qqaye1d3gg1rUVNii4DWcggJH_oN4ew/edit?usp=sharing)
- BIOMS Graduate Student Directory
  - [https://docs.google.com/spreadsheets/d/12K0dH5LWHpdykfgm3dU2RMA10Hf\\_ajqsZJTzFuWDIE/edit?usp=sharing](https://docs.google.com/spreadsheets/d/12K0dH5LWHpdykfgm3dU2RMA10Hf_ajqsZJTzFuWDIE/edit?usp=sharing)

**Fun Stuff**

# Social Events

- BIOMS United
  - Ice Cream Social (8/29)
  - BIOMS Tailgate
  - BIOMS Holiday Party
- Campus Wide
  - Graduate Student Government
  - Keep an eye out for event announcements in weekly Graduate Student Newsletter

# Recreation on Campus

## ○ Main Campus:

- Carpenter Sports Center (CSB)
- “Lil Bob” Frazer Fields (behind CSB)
- Trabant sand volleyball court (across from Trabant)
- Trabant inline skating court
- Trabant basketball court
- Harrington sand volleyball court (behind Perkins)
- Ray street basketball court

## ○ South Campus:

- STAR Tower Physical Fitness Center
  - Open to students: 6AM-8AM and 5-7PM
- Delaware Field House
- Fred Rust Ice Arena & Gold Ice Arena
- Bob Carpenter Sports / Convention Center
- Artificial practice fields
- Outdoor pool

# Student Perks

- Delaware Tire Center (next to STAR): offers 15% off to students
- Spotify Premium w/ Free Hulu and Showtime: \$4.99/month
- UniDays.com
- Amazon Prime Student Membership
- Certain Gyms give discounts
- Microsoft and Apple



**Additional Questions  
or Comments?**

Contact **Grace** (gkk@udel.edu) or  
**Khushboo** (vkhush@udel.edu)

# Student Q&A